

# STRESSBUSTERS

November 2-20  
Full Calendar Coming Soon!

## QUICK STRESS RELIEVER

### Box Breathing

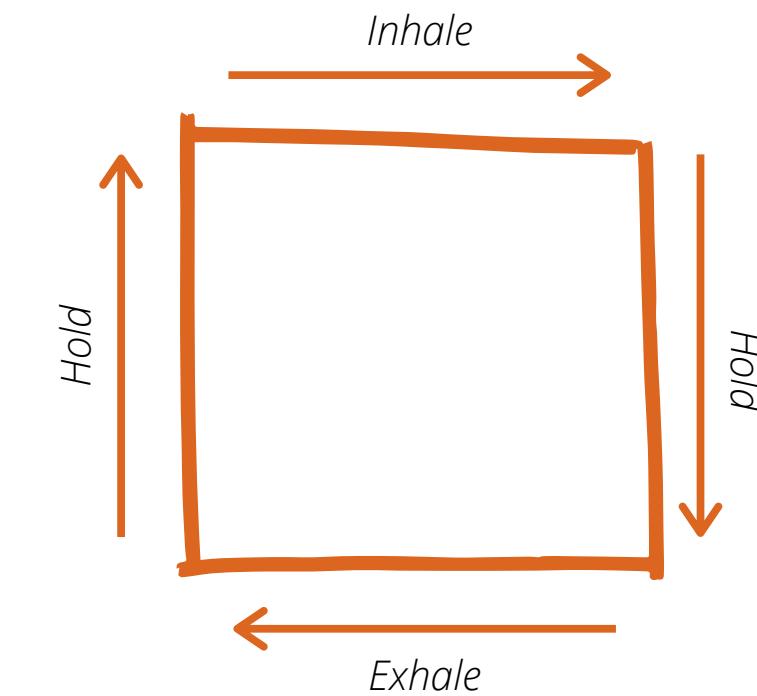
Before starting, sit with your back supported in a comfortable chair and your feet on the floor.

Close your eyes. Breathe in through your nose while slowly counting to four. Feel the air enter your lungs.

Hold your breath inside while counting to four. Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.

Begin to slowly exhale for 4 seconds.

Repeat this process at least three times. See if calm returns



## NEED TO TALK?

### Middlebury Counseling

Individual and group counseling  
[go/counseling](http://go/counseling), [counseling@middlebury.edu](mailto:counseling@middlebury.edu)

### MiddTelehealth

Scheduled counseling and in the moment support  
[go/middtelehealth](http://go/middtelehealth)

## ON YOUR OWN TIME

### Mind Vacation

A 20-minute guided imagery experience meant to relax your body and mind

[go/mindvacation](http://go/mindvacation)

### Stress Less BINGO

De-stress with this BINGO card full of calming ideas.

[go/stresslessbingo](http://go/stresslessbingo)